



DEBATE PACK

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Reducing stigma around eating disorders

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Summary

A debate on Reducing stigma around eating disorders has been scheduled for 16 October 2018. This Westminster Hall debate will take place at 9:30am and is sponsored by Wera Hobhouse MP.

Eating disorders are serious mental illnesses that can have severe psychological, physical and social consequences. They typically involve disordered eating behaviour, which might mean restricting food intake, binge-eating, purging, fasting or excessive exercise, or a combination of these behaviours. They are associated with negative perceptions of body image, and while men and women of any age can develop eating disorders, they most commonly affect young women. In their clinical guideline on eating disorders the National Institute for Care Excellence state that the emotional and physical consequences of these beliefs and behaviours maintain the disorder and result in a high mortality rate from malnutrition, suicide and physical issues. Eating disorders most commonly start in adolescence but can also start during childhood or adulthood. As with many other mental illnesses, eating disorders are often surrounded by stigma and misconceptions, which can make it harder for individuals and their families to seek help.

Constituents who think they may have an eating disorder, even if they aren't sure, should be advised to see their GP as soon as they can. Individuals can also talk in confidence to an adviser from the UK eating disorder charity [Beat](#) by calling their adult helpline on 0808 801 0677 or youth helpline on 0808 801 0711. [Beat](#) also provides information on [what to do if someone is worried about a friend or family member](#).

The House of Commons Library prepares a briefing in hard copy and/or online for most non-legislative debates in the Chamber and Westminster Hall other than half-hour debates. Debate Packs are produced quickly after the announcement of parliamentary business. They are intended to provide a summary or overview of the issue being debated and identify relevant briefings and useful documents, including press and parliamentary material. More detailed briefing can be prepared for Members on request to the Library.

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1. Background

Eating disorders are serious mental illnesses that can have severe psychological, physical and social consequences. They typically involve disordered eating behaviour, which might mean restricting food intake, binge-eating, purging, fasting or excessive exercise, or a combination of these behaviours. They are associated with negative perceptions of body image, and while men and women of any age can develop an eating disorder, they most commonly affect young women. In their clinical guideline on eating disorders NICE provides the following background, including estimates of prevalence:

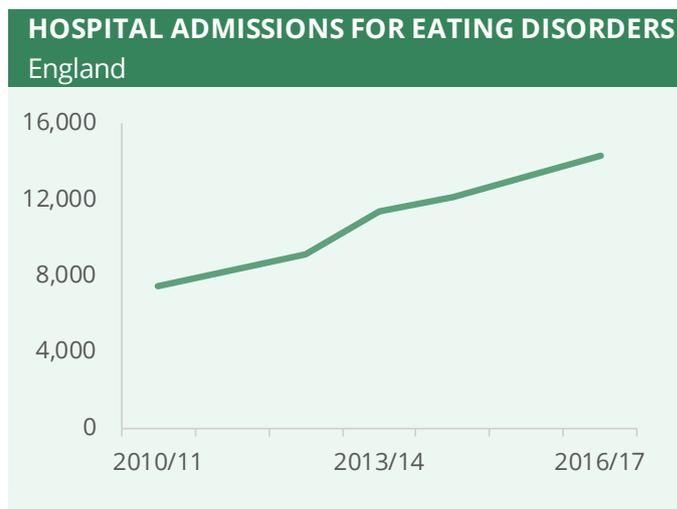
Eating disorders are defined by the negative beliefs and behaviours they cause people to have about themselves and their eating, body shape and weight. They can cause people to adopt restricted eating, binge eating and compensatory behaviours (such as vomiting and excessive exercise). The emotional and physical consequences of these beliefs and behaviours maintain the disorder and result in a high mortality rate from malnutrition, suicide and physical issues (such as electrolyte imbalances). This is most common in people with anorexia nervosa. There are also other physical complications (such as osteoporosis) and psychiatric comorbidities (such as anxiety disorders) that affect the wellbeing and recovery of people with an eating disorder and raise the cost of treatment.

Using figures for UK hospital admissions from 2012 to 2013, the eating disorders charity BEAT estimated that there were over 725,000 people with an eating disorder in the UK, approximately 90% of whom were female. However, recent community-based epidemiological studies suggest that as many as 25% of people with an eating disorder are male. Eating disorders most commonly start in adolescence, but can also start during childhood or adulthood. About 15% of people with an eating disorder have anorexia nervosa, which is also more common in younger people. Most people with an eating disorder meet diagnostic criteria for bulimia nervosa, binge eating disorder, or other specified feeding and eating disorder (OSFED). Each disorder is associated with poor quality of life, social isolation, and a substantial impact for family members and carers. Eating disorders are long-lasting conditions if they are not treated.¹

As with many other mental illnesses, eating disorders are often surrounded by stigma and misconceptions, which can make it harder for individuals and their families to seek help. In November 2017 Beat reported on the outcome of research into why people with eating disorders delayed seeking help, and the waits they experience to start receiving treatment. Their report, *Delaying for years, denied for months*, called on the Government and the NHS to extend their focus on early intervention and ensure attention and resources are applied to reducing the delay between onset of an eating disorder and the individual seeking help.² Beat recommended introducing measures to increase

awareness of the early signs and symptoms of eating disorders, and initiatives that support and encourage individuals to seek professional help as soon as they suspect they have an eating disorder. Both Beat, and the Health Service Ombudsman have also recommended measures to increase awareness of eating disorders among healthcare staff, and to support early diagnosis. In particular, both organisations have called for increased eating disorder training at medical schools.³

The number of hospital admissions with a diagnosis related to eating disorders in England increased by 92% between 2010/11 to 2016/17: from 7,431 in 2010/11 to 14,271 in 2016/17. In each year, 91% of cases involved female patients.



Note: Admissions involving a primary or secondary diagnosis of an eating disorder.
Source: [NHS Digital Supplementary Information file on FAEs for eating disorders](#)

NHS England publish quarterly data on the number of children and young people entering treatment for an eating disorder. The table below shows the available data since the publication series began.

In the first quarter of 2018/19 a total of 1,823 children and young people starting treatment for an eating disorder. Most cases were routine referrals but 293 cases (16%) were urgent. The total number starting treatment has increased by 58% since the first quarter of 2016/17, most of this increase is due to a rise in routine cases.

³ Ibid. and the Parliamentary and Health Service Ombudsman, [Ignoring the alarms: How NHS eating disorder services are failing patients](#), December 2017

CHILDREN AND YOUNG PEOPLE STARTING EATING DISORDER TREATMENT			
England			
	Urgent cases	Routine cases	Total
Q1 2016-17	239	915	1,154
Q2 2016-17	226	941	1,167
Q3 2016-17	302	1,174	1,476
Q4 2016-17	249	1,197	1,446
Q1 2017-18	281	1,355	1,636
Q2 2017-18	286	1,333	1,619
Q3 2017-18	307	1,489	1,796
Q4 2017-18	266	1,550	1,816
Q1 2018-19	293	1,530	1,823
% change Q1 2016-17 to Q1 2018/19	23%	67%	58%

Source: [NHS England Children and Young People with Eating Disorders Waiting times data](#)

2. Government policy and NHS guidance

The Government support national programmes to tackle stigma around mental health, including the [Time To Change](#) programme, and are working with Public Health England to develop a new programme to train at least 1 million people in basic mental health ‘first aid’ skills.⁴

The joint Department of Health and Social Care and Department for Education Green Paper, [Transforming children and young people’s mental health provision](#) (December 2017), included several proposals to improve support for mental health in schools, and to improve links between schools and the NHS. The [Government’s response to the Green Paper consultation](#) was published in July 2018 and set out next steps around implementation. A new [national waiting times standard](#) for children and young people with an eating disorder came into force in April 2017. The target is that, by 2020, 95% of young people in need of an eating disorders service will be seen within four weeks, and within one week in urgent cases. No similar waiting time standard is in place for adult eating disorder services. In January 2017, the Prime Minister also announced that every secondary school in England will be offered mental health first aid training. The programme, to be rolled out to cover every secondary school in England over three years, will see teachers receive practical advice on how to deal with a range of mental health issues, including eating disorders. Further background can be found on policy in this area can be found in the Library briefing paper on [Children and young people’s mental health – policy, CAMHS services, funding and education](#) (August 2018).

NICE published an updated guideline on the recognition and treatment of eating disorders ([NG69](#)) in May 2017. This guideline covers identifying, assessing, diagnosing, treating and managing eating disorders in people of all ages. It makes recommendations for different stages of the care process on identifying eating disorders, ensuring patient safety, supporting people with an eating disorder and their family members and carers, and ensuring people have access to evidence-based care. Given the high level of physical complications and psychological comorbidities, recommendations on care cover both physical care and psychological interventions. The guideline applies to all settings in which NHS care is provided, and to settings in which eating disorders might be identified.⁵ Beat and other campaigning on eating disorders (<https://www.change.org/p/eating-disorders-are-not-just-about-weight-dumpthescales>) have called for GPs to be well-informed of the NICE guideline and the early symptoms of eating disorders so that they are able to refer without delay.⁶ NICE have recently produced

⁴ [Gov.uk](#) 10 October 2018

⁵ [NICE guideline on eating disorders: recognition and treatment \(NG69, May 2017\)](#)

⁶ See Beat, [Delaying for years, denied for months](#), November 2017; and Change.org, [Eating Disorders are not just about weight #dumpthescales](#), petition started by Hope Virgo

a new Quality Standard on eating disorder services ([QS175, September 2018](#)).

As part of the Scottish Government's Mental Health Strategy, the NHS has received funding to develop an online peer support tool, which allows young people to pair with a trained volunteer who has recovered from an eating disorder. Launched in February 2018, this is alongside a new website, the [CarED platform](#), that hosts video tutorials and links for parents and carers, and a database of services across Scotland.⁷

The Welsh Government has commissioned a review of *Eating Disorders – A Framework for Wales*, published in 2009. This follows the publication of new NICE guidance in 2017, and advice from Public Health Wales on revisions to update the framework in 2016.⁸

Information on eating disorder services in Northern Ireland can be found on the [NI Direct website](#).

2.1 Eating Disorder Awareness Week

The theme of Eating Disorder Awareness Week (EADW) in February 2018 was 'Why Wait?' and a blog on the Rethink Mental Illness website, to mark EADW, highlighted the themes of prevention and early intervention.⁹

Edward Argar MP tabled an adjournment debate on EADW on 27 February 2018 where the Member raised the importance of reducing stigma surrounding mental health, and eating disorders in particular:

We discuss with comparative ease physical illnesses that may devastate people's lives, but when it comes to mental illnesses this is too often not the case. That is also true of eating disorders. Despite the ever-increasing pressures of daily life leading to increased instances of poor mental health, we still do not speak about these issues enough. These illnesses can thrive on secrecy. The longer they go unchallenged and unacknowledged, the harder it is to beat them. It is only by talking about them, bringing them out of the shadows that we can reduce the power they hold over those who suffer. To really improve the lives of those with eating disorders and prevent those at risk from falling victim to these illnesses, we must bring eating disorders, as with all mental health issues, to the forefront of the collective deliberations and consciousness of our society. That is why, in this Eating Disorders Awareness Week, I am very pleased to have secured this important debate so that we in this House, the centre of our national debate, can talk about it and play our part, however small, in raising awareness and making it that bit easier for others to talk about it.¹⁰

The Minister, Jackie Doyle-Price set out some of the work the UK Government is doing to increase understanding and raise awareness of eating disorders:

⁷ [Scottish Government, Online support for eating disorders, 28 February 2018](#)

⁸ [Beat website, Review of NHS Eating Disorders treatment in Wales underway, April 2018](#); see also [Welsh Government, 24 August 2016](#)

⁹ [Rethink Mental Illness website, February 2018](#)

¹⁰ [HC Deb 27 February 2018 c799](#)

The Government understand the importance of increasing understanding and raising awareness. I will highlight some of the things we are doing in this area. First, we have published NICE guidelines on managing and treating eating disorders for everyone over the age of eight, including adults, children and young people. That guidance is available for healthcare professionals and commissioners who provide public services to people with eating disorders.

Secondly, we have set out ambitious plans in the children and young people's mental health Green Paper, partly to address the point made by the hon. Member for Enfield, Southgate (Bambos Charalambous). We are trying to create new mental health teams in schools, perhaps the earliest of early interventions, recognising that the earlier we can intervene, the more likely we are to avoid longer-term damage and crisis and to achieve better outcomes with people who are struggling. Some 8,000 new NHS staff will work closely with those teams in schools to deliver that enhanced support.

As my hon. Friend the Member for Charnwood said, we talk a lot about children but what about the adults? To further improve adult eating disorder care, we have developed a pathway, together with detailed implementation guidance for providers. That is in development by the National Collaborating Centre for Mental Health, in partnership with NICE. It is being fully informed by the available evidence and the views of experts, and will increase healthcare professionals' awareness of the early signs and symptoms of eating disorders so that they too can refer their patients without delay.¹¹

¹¹ [HC Deb 27 February 2018 c605-6](#)

3. Press Articles

[Not thin enough for help: Medics turn away anorexics for being a healthy weight](#), Sky News, 29 July 2018

[Boarding schools 'wash their hands of ' anorexic pupils](#), Telegraph, 6 May 2018 [available via Nexis News]

[When does clean eating become a disorder?](#) Independent, 8 March 2018

[Eating Disorder Awareness Week: Why better understanding is needed to help recovery](#), Belfast Telegraph, 28 February 2018

[More Awareness Of Early Signs Of Eating Disorders Needed, Charity Says](#), Huffington Post, 26 February 2018

[Many adults 'don't know signs of eating disorders'](#), BBC News, 26 February 2018

[How people document eating disorder recovery on Instagram](#), Independent, 13 February 2018

- An article about how Instagram can be a help for those with an eating disorder, but equally can “reinforce stereotypes of eating disordered bodies.”

[Dear health secretary, what are you doing to help my daughter?](#), Times, 21 January 2018 [available via Library subscription]

- After writing an open letter about the poor quality and/or continuity of care for those with eating disorders, a mother reports on her meeting with the then Secretary of State for Health, Jeremy Hunt

[As a teenage boy with anorexia I couldn't find words to describe my mental illness](#), Guardian, 17 October 2017

- An article about how not only stigma can make mental health issues difficult to talk about

[Why don't men seek help for eating disorders?](#) Guardian, October 2017

[Broadcaster Mark Austin and his daughter, Maddy, on their campaign to destigmatise anorexia](#), Times, 20 August 2017 [available via Library subscription]

[Anorexic children wait over a month for urgent treatment](#), Times, 12 May 2017 [available via Library subscription]

- An article that compares rising acceptance of those with mental health disorders with the fact that children are waiting a longer time for treatment

[From bigorexia to bingeing: the rise of eating disorders in young men and boys](#), Times, 8 May 2017 [available via Library subscription]

- Considers why eating disorders are treated as ‘girl’ diseases

[Rise in boys treated for eating disorders](#), Times, 5 May 2017 [available via Library subscription]

- An article about how eating disorders are stereotyped as something that affect women

[It's a deadly fallacy that eating disorders are a teenage illness](#), Guardian, 24 April 2017

[Three out of 10 eating disorder sufferers not being referred for necessary treatment](#), Independent, 27 February 2017

[Third of GPs are failing to help anorexics](#), Times, 27 February 2017

- Doctors, according to the author, are often adopting a 'wait and see' approach to those with symptoms of an eating disorder

[GPs are failing people with eating disorders, says charity](#), Guardian, 27 February 2017

- An article suggesting that a lack of proper training means that GPs are not following the NICE recommendation for treatment as soon as possible

[Study uncovers hidden epidemic of eating disorders in middle-aged women](#), Telegraph, 17 January 2017 [available via Nexis News]

[Doctors warned: don't tell girls with anorexia to come back when thinner](#), Telegraph, 13 December 2016 [available via Nexis News]

4. Further reading

Official publications

NICE has published a number of [documents related to eating disorders](#), including its [2017 guidance for recognition and treatment](#) and a new [Quality Standard](#).

[Transforming children and young people's mental health provision: a green paper](#), Department of Health and Social Care and Department for Education, December 2017

- The Government response (July 2018) can also be read here.

Parliamentary and Health Service Ombudsman, '[Ignoring the alarms: How NHS eating disorder services are failing patients](#)', December 2017
[Eating disorders programme](#), NHS England, accessed 15 October 2018

Sector comment and publications

['Delaying for years, denied for months'](#), BEAT, November 2017

[National Attitudes to Mental Illness](#), Time to Change, 15 July 2015

['The costs of eating disorders: Social, health and economic impacts'](#), BEAT, February 2015

Academic

C. Henderson et al., [Public knowledge, attitudes, social distance and reported contact regarding people with mental illness 2009–2015](#), Acta Psychiatrica Scandinavica, Volume 134, Issue S446, August 2016, pp.23-33

- About attitudes in general
- This, and earlier reports, are outlined on the [Time to Change website](#)

5. Parliamentary material

5.1 Debates

[Eating Disorders Awareness Week](#), HC deb 27 February 2018, volume 636, cc.799-806

5.2 Parliamentary questions (PQs)

[Eating Disorders: Medical Training](#), Oral Questions, HL deb 12 September 2018, volume 792

- Question for short debate:
To ask Her Majesty's Government, following the publication of research in the Postgraduate Medical Journal that on average medical students receive less than two hours of training on eating disorders, whether they plan to make representations to the General Medical Council on conducting a review of the training on this subject provided to medical students and junior doctors; and if so, when.
- The Minister responds that Health Education England "is considering how the existing workforce can be used more innovatively and whether any workforce planning interventions can increase specialism in the treating of eating disorders."

[Mental Illness: Young People](#), PQ 167326, 05 Sep 2018

Asked by: Smith, Royston | **Party:** Conservative Party

To ask the Secretary of State for Health and Social Care, what steps he is taking to help reduce the number of young people with mental health issues.

Answering member: Jackie Doyle-Price | **Party:** Conservative Party | **Department:** Department of Health and Social Care

To improve and transform support available to those children and young people with mental health issues, we are making an additional £1.4 billion available from 2015/16 to 2019/20. This additional money funds clinical commissioning groups (CCGs) and various national programmes, including improving crisis support, expanding the workforce and tackling stigma. The additional money will also be used to improve access to services, and latest data shows that we are exceeding our trajectory for an additional 70,000 children and young people to access mental health treatment by 2020/21. Regarding funding, we have seen a 20% increase in CCG spend on children and young people's mental health, rising from £516 million in 2015/16 to £619 million in 2016/17.

To improve public attitudes towards mental health and encourage help-seeking, we are investing over £12 million to support the national Time To Change programme over the course of 2016/17-2020/21. We are also working with Public Health England to develop a new £15 million programme to train at least 1 million people in basic mental health 'first aid' skills.

Our joint Department of Health and Social Care and Department for Education Green Paper, 'Transforming Children and Young People's Mental Health Provision', will be supported by over £300

million and aims to improve provision of services in schools, bolster links between schools and the National Health Service, and pilot a four week waiting time. We recently published our response to the consultation, which sets out what we heard during the consultation and provides next steps around implementation.

[Eating Disorders](#), PQ 165490, 25 Jul 2018

Asked by: Farrelly, Paul | **Party:** Labour Party

To ask the Secretary of State for Health and Social Care, with reference to the report, Ignoring the alarms: How NHS eating disorder services are failing patients, published by the Parliamentary and Health Service Ombudsman in December 2018, what progress (a) his Department and (b) NHS England have made on reviewing the existing (i) quality and (ii) availability of adult eating disorder services to achieve parity with child and adolescent services.

Answering member: Jackie Doyle-Price | **Party:** Conservative Party | **Department:** Department of Health and Social Care

The Government takes seriously the Parliamentary and Health Services Ombudsman (PSHO) report: "Ignoring the alarms: how NHS eating disorder services are failing patients". NHS England and NHS Improvement are committed to meet the PSHO's recommendations.

Commencing in March 2018, the National Clinical Director for Mental Health, Professor Tim Kendall was asked by the NHS England Board to establish a working group with other arm's length bodies named in the PSHO report to help oversee and co-ordinate actions being taken to implement the recommendations.

The national review of adult eating disorder services that NHS England commissioned in 2017 is now complete. Data collected on activity, investment and workforce is being reviewed with stakeholders to inform NHS England's understanding of current provision and existing levels of parity with eating disorder services for children and young people. The data will inform modelling to understand the finance and workforce gaps to achieving greater levels of parity.

NHS England will work with the Royal College of Psychiatrists' Quality Improvement and Accreditation Networks, specifically the Quality Eating Disorder Network, to help embed recommendations in service standards used to review the quality of care delivered in eating disorder services.

NHS Improvement has completed an engagement programme to inform a review of the Serious Incident Framework for the National Health Service. Further information about the engagement programme is available on NHS Improvement's website at the following link:

<https://improvement.nhs.uk/resources/future-of-patient-safety-investigation/>

NHS England is working closely with NHS Improvement to analyse responses from the engagement programme and will give particular consideration to how the different parts of the system can be brought together to improve the way incidents that are complex and/or involve multiple providers are investigated.

[Health Questions: Adult Eating Disorders, Oral Questions](#), HC deb 24 July 2018, volume 645, c.856

- The Minister was questioned on Government plans for eating disorder services

[Eating Disorders](#), PQ 165492, 23 Jul 2018

Asked by: Farrelly, Paul | **Party:** Labour Party

To ask the Secretary of State for Health and Social Care, with reference to the report, Ignoring the alarms: How NHS eating disorder services are failing patients, published in December 2017, what steps (a) NHS Improvement and (b) NHS England have taken to (i) improve and ii) better co-ordinate eating disorder services.

Answering member: Jackie Doyle-Price | **Party:** Conservative Party | **Department:** Department of Health and Social Care

The Government takes seriously the Parliamentary and Health Services Ombudsman (PSHO) report: 'Ignoring the alarms: how NHS eating disorder services are failing patients'.

In response to the PSHO report, NHS England have convened a working group with NHS Improvement, Health Education England (HEE), the Department and other partners to address the recommendations and take them into account in planning for improvements to eating disorder services.

HEE is reviewing its current education and training offer and will work with subject matter experts to scope existing evidence-based practice to inform any new education and training resources. HEE is also considering how the capacity of the existing workforce may be used more innovatively and is exploring workforce planning interventions that can increase specialism in the field of eating disorders.

The National Institute for Health and Care Excellence has run a consultation on the quality standard on eating disorders, which included two statements aimed at improving co-ordination of care. The quality standard is currently in its final stages of internal review and is expected to be published in September 2018.

[Eating Disorders](#), PQ 62555, 08 Feb 2017

Asked by: Shannon, Jim | **Party:** Democratic Unionist Party

To ask the Secretary of State for Health, what support his Department is giving to middle-aged people diagnosed with eating disorders.

Answering member: Nicola Blackwood | **Party:** Conservative Party | **Department:** Department of Health

The National Institute for Health and Care Excellence is currently updating its guideline on eating disorders covering a range of age groups, including adults, to be published in May 2017.

Treatment for eating disorders is initially provided by a patient's general practitioner who then refers them to the relevant mental health service. The General Medical Council is responsible for setting the standards and outcomes for education and training and approving training curricula to ensure newly qualified doctors

are equipped with the knowledge, skills and attitudes to provide high quality patient care. This includes training on treating patients with eating disorders as required.

[Advertising: Eating Disorders](#), PQ 160167, 10 Jul 2018

Asked by: Simpson, David | **Party:** Democratic Unionist Party

To ask the Secretary of State for Digital, Culture, Media and Sport, whether he has plans to encourage advertisers to promote healthy body images.

Answering member: Margot James | **Party:** Conservative Party |
Department: Department for Digital, Culture, Media and Sport

We recognise that the pressure on young people to achieve an idealised body image is a serious issue, with wide-reaching consequences for their mental and physical wellbeing.

As set out in the recently published Government response to the Internet Safety Strategy Green Paper, we are taking forward work on positive body image. This work will build on the commitments made in the Government response to the recent Youth Select Committee report which highlighted that increased time spent online can lead to increased exposure to images of unattainable and unrealistic beauty. The Government is also developing a package of work to tackle harmful gender norms which can occur both online and offline. This will include work with the advertising industry to encourage stereotype-free advertising.

[Eating Disorders](#), PQ 160738, 09 Jul 2018

Asked by: Berger, Luciana

To ask the Secretary of State for Health and Social Care, what estimate he has made of the number of (a) children and (b) adult eating disorder services that use the single measure of (i) body mass index or (ii) length of illness as the basis for offering treatment.

Answering member: Jackie Doyle-Price | **Department:**
Department of Health and Social Care

The information requested is not collected.

National Health Service eating disorder services should follow the National Institute for Health and Care Excellence clinical guideline for the recognition and treatment of an eating disorder, which states that services must not use single measures such as Body Mass Index or duration of illness to determine whether to offer treatment for an eating disorder.

The guideline is available at:

<https://www.nice.org.uk/guidance/ng69>

[Advertising: Eating Disorders](#), PQ 135448, 23 Apr 2018

Asked by: Amesbury, Mike | **Party:** Labour Party

To ask the Secretary of State for Digital, Culture, Media and Sport, what steps his Department is taking to ensure that the advertising industry promotes positive body images.

Answering member: Margot James | **Party:** Conservative Party | **Department:** Department for Digital, Culture, Media and Sport

Promoting social responsibility is one of DCMS's six Departmental priorities and we engage regularly with the advertising industry to do this.

Alongside this the advertising industry, through the Advertising Standards Authority, the industries independent regulator, has recently undertaken proactive research on the use of harmful gender stereotypes in advertising and has subsequently made significant changes to the advertising codes.

[Pupils: Mental Illness](#), PQ 132608, 20 Mar 2018

Asked by: Gill, Preet Kaur | **Party:** Labour Party - Cooperative Party

To ask the Secretary of State for Education, what steps his Department is taking to tackle (a) eating disorders and (b) body image issues among young people in schools.

Answering member: Nick Gibb | **Party:** Conservative Party | **Department:** Department for Education

Poor body image is a factor in eating disorders and other mental health problems. The additional £1.4 billion the Government is making available for children and young people's mental health services up to 2020, includes £150 million specifically targeted at improving support for young people with eating disorders. The green paper 'Transforming children and young people's mental health provision' set out proposals for new mental health support teams to provide further trained and clinically-supervised support to young people in school.

The Government has also funded the provision of information and advice to schools. MindEd (<https://www.minded.org.uk/>) is a free online portal that provides training for all adults working with children and young people about mental health problems. It includes specific information on eating disorders. The Personal, Social, Health and Economic (PSHE) Association has also produced advice on how to teach pupils in all four Key Stages about mental health. This includes specific advice on age-appropriate teaching about body image and eating disorders in secondary school.

The Government has sought views, via a thorough engagement process, on the content of Relationships Education and Relationships and Sex Education, and on the status of PSHE – including on issues such as body image and eating disorders. The findings will inform draft regulations and guidance for schools, which will be subject to further consultation.

[Eating Disorders: Children and Young People](#), PQ 129908, 05 Mar 2018

Asked by: Keeley, Barbara

To ask the Secretary of State for Health and Social Care, what assessment he has made of trends in the level of referrals to community eating disorders services for children and young

people being rejected solely on the grounds of weight or body mass index.

Answering member: Jackie Doyle-Price | **Department:** Department of Health and Social Care

NHS England does not hold this information as rejection on the grounds of weight and Body Mass Index is not in line with any of the published guidance such as the National Institute for Health and Care Excellence (NICE) clinical guidance on managing and treating eating disorders and the Eating Disorder Commissioning Guide, and should not occur. NICE's guidance on eating disorders can be viewed via the following link:

<https://www.nice.org.uk/guidance/ng69>

Information on NHS England's eating disorders programme is available here:

<https://www.england.nhs.uk/mental-health/cyp/eating-disorders/>

For children and young people aged between eight and 18 years, the Government is investing £150 million to expand eating disorder services and staff for 70 extended or new established community eating disorder services. This means at least 3,350 children and young people a year will receive swift, effective eating disorder treatment in the community.

[Personal, Social, Health and Economic Education](#), PQ 127320, 22 Feb 2018

Asked by: West, Catherine | **Party:** Labour Party

To ask the Secretary of State for Education, whether there are plans for the PHSE national curriculum to include components to raise awareness of the problem of eating disorders.

Answering member: Nick Gibb | **Party:** Conservative Party | **Department:** Department for Education

The Children and Social Work Act 2017 provides a power for the Secretary of State for Education to make Personal, Social, Health and Economic education (PSHE), or elements therein, mandatory in all schools. The Government also made a manifesto commitment that all pupils should learn about mental wellbeing and the mental health risks of the internet. The Department is conducting a thorough engagement process, including a call for evidence, on the status and content of PSHE, as well as the new subjects of Relationships Education and Relationships and Sex Education. We will use the findings to finalise draft regulations and guidance, which will then be subject to consultation.

Schools are already free to address eating disorders through PSHE, as well as in the wider curriculum. The Government funded the PSHE Association to provide guidance to schools on how to teach pupils about mental health. The guidance includes age-appropriate advice on teaching about eating disorders. The Government has also funded information for school staff. MindEd is a free online portal that includes specific information on eating disorders, which can be found at: <https://www.minded.org.uk/>.

The Government is also consulting on the green paper 'Transforming Children and Young People's Mental Health Provision'. It includes proposals for new mental health support teams to provide more trained support for young people with

mental health issues, and to improve access to specialist support where it is needed.

[Pupils: Eating Disorders](#), PQ 126946, 14 Feb 2018

Asked by: Double, Steve | **Party:** Conservative Party

To ask the Secretary of State for Education, what recent steps his Department has taken to ensure that information and support is provided on eating disorders for pupils in secondary schools.

Answering member: Nick Gibb | **Party:** Conservative Party |
Department: Department for Education

To support schools the Government funds the PSHE Association to provide guidance to schools on how to teach pupils in all four key stages about mental health. The guidance includes age appropriate advice on teaching about eating disorders in secondary school.

The Government made a manifesto commitment that all pupils should learn about mental wellbeing and the mental health risks of the internet. The Department is currently conducting a thorough engagement process on the scope and content of Relationships Education and Relationships and Sex Education, and on the future status of Personal Social, Health and Economic Education. Decisions on further action to deliver the commitment will be made in the light of the outcome of the engagement process.

The Government has also funded information for school staff. MindEd is a free online portal that provides training for all adults working with children and young people about specific mental health problems. It includes specific information on eating disorders.

To improve access to specialist support for eating disorders, the Government has made available an additional £1.4 billion for children and young people's mental health services. This includes £150 million specifically targeted at improving support for young people with eating disorders. The Government is also consulting on the green paper Transforming Children and Young People's Mental Health Provision. It includes proposals for mental health support teams to provide more trained support for young people with mental health issues and to improve access to specialist support where it is needed.

[Mental Illness: Children](#), PQ 119886, 22 Dec 2017

Asked by: Main, Mrs Anne | **Party:** Conservative Party

To ask the Secretary of State for Health, what recent assessment he has made of trends in children's mental health; and what step he is taking to tackle mental ill health among children.

Answering member: Jackie Doyle-Price | **Party:** Conservative Party | **Department:** Department of Health

The Department has commissioned a new national prevalence survey of children and young people's mental health – the first since 2004. The survey will estimate the extent of mental ill health in the 2-19 year old population. It will examine the impact of issues such as social media and cyberbullying, self-harm and

eating disorders. The survey will also analyse the data by characteristics such as ethnicity and deprivation to understand their impacts further. Final publication of findings is anticipated in autumn 2018.

Children and young people's mental health is a top priority for this Government and we are investing more than ever before across mental health.

We are making an additional £1.4 billion available until 2019/20, transforming services and giving access to 70,000 additional children and young people. Our recent Green Paper Transforming Children and Young People's Mental Health Provision aims to improve provision of services in schools, bolster links between schools and the National Health Service and pilot a four week waiting time for NHS services.

Since 2015/16, Local Transformation Plans have been put in place, covering every clinical commissioning group area in England, and these set out how local agencies will work together to improve children and young people's mental health across the full spectrum of need.

A national programme of work is supporting local areas, including the extension and expansion of the use of evidence-based interventions, tackling stigma, improving data and information to inform greater transparency and accountability and developing a specialist and stronger workforce.

We have also committed to rolling out mental health first aid training for every secondary school by 2019 and to every primary school as part of the Green Paper.

[Eating Disorders](#), PQ HL4189, 21 Dec 2017

Asked by: Lord Brooke of Alverthorpe | **Party:** Labour Party

To ask Her Majesty's Government, following the conclusions of the Parliamentary and Health Services Ombudsman, *Ignoring the alarms: how NHS eating disorder services are failing patients* (HC 634), published on 6 December, what assessment they have made of the recommendations set out in that report; and what discussions they have held with the General Medical Council on reviewing the eating disorders training for junior doctors.

Answering member: Lord O'Shaughnessy | **Party:** Conservative Party | **Department:** Department of Health

The Government takes seriously the report of the Parliamentary and Health Services Ombudsman *Ignoring the alarms: how NHS eating disorder services are failing patients*.

Mental health services in England are, currently, undergoing a major transformation and expansion programme, the Five Year Forward View for Mental Health, which includes an expansion in services for eating disorder sufferers. There are 70 community eating disorders services being developed to provide at least 3,350 children and young people a year with swift, effective eating disorder treatment in the community — for many this will mean they will be treated earlier and no longer need to go into hospital.

Additionally the Government has committed, within its 2017 election manifesto, to:

- Require all our medical staff to have a deeper understanding of mental health and all trainees will get a chance to experience working in mental health disciplines; and
- Ensure medical exams better reflect the importance of mental health.

Discussions have already been held between the Department and the General Medical Council to examine how mental health training for non-psychiatrist medical staff, including junior doctors, can be enhanced.

Following on from the publication of the ombudsman's report the Department will now work with our partner organisations and arm's length bodies, including NHS England, to consider how the recommendations can be taken into account as part of the planned improvements to mental health and eating disorder services.

[Eating Disorders: Medical Treatments](#), PQ 117806, 14 Dec 2017

Asked by: Keeley, Barbara | **Party:** Labour Party

To ask the Secretary of State for Health, what training his Department provides to General Practitioners on the treatment of eating disorders.

Answering member: Jackie Doyle-Price | **Party:** Conservative Party | **Department:** Department of Health

Standards of medical education are overseen by the General Medical Council, which is an independent statutory body. For children and young people, NHS England's Commissioning Guide for the Access and Waiting Time Standard for Children and Young People with an Eating Disorder recognises that "primary care is capable of providing good outpatient support for children and young people with a manageable eating disorder. Where this happens, general practitioners and associated practitioners need to be appropriately trained and supported in both child mental health care as well as eating disorder treatment by the local community eating-disorder service for children and young people". This document is available at:

<https://www.england.nhs.uk/mental-health/cyp/eating-disorders/>

[Eating Disorders: Children and Young People](#), PQ 112680, 21 Nov 2017

Asked by: Nandy, Lisa | **Party:** Labour Party

To ask the Secretary of State for Health, what steps his Department is taking to raise awareness of the symptoms of eating disorders among children and young people.

Answering member: Jackie Doyle-Price | **Party:** Conservative Party | **Department:** Department of Health

The Government made £150 million of additional investment available in the 2014 Autumn Statement for children and young people's eating disorder services over the five years to 2019/20. From April 2017, we established a new eating disorder service waiting time for children and young people – with the ambition that by 2020/21 95% of children will receive treatment within one week for urgent cases and within four weeks for routine cases.

The latest data from NHS England shows that in Q1 2017-18 73.3% of patients started urgent treatment within one week and 78.7% of patients started routine treatment within four weeks.

NHS England has now commissioned 70 new or enhanced community services for eating disorders so everyone can get the help they need to manage these conditions. A pathway for adults with eating disorders, together with detailed implementation guidance for providers, will be developed by the National Collaborating Centre for Mental Health in partnership with the National Institute for Health and Care Excellence (NICE) during 2017/18. The pathway will be fully informed by the available evidence and the views of experts.

NICE published its updated Clinical Guideline: Eating Disorders – recognition and treatment, on managing and treating eating disorders for the over 8s - including adults, children and young people in May 2017.

The NHS Choices website contains information about the symptoms and types of eating disorders as well as information on approaching and supporting children with eating disorders.

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